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Opening of Completed Leland Streetscape Project

The newly-completed Great Streets Project on Leland Avenue is latest example of City's continued investment in local construction jobs, neighborhood streetscape and paving improvements.

Leland Avenue, the civic and commercial heart of the Visitacion Valley neighborhood, was the site of a September 17 ribbon-cutting by Mayor Gavin Newsom, local officials and neighborhood leaders for San Francisco's latest Great Streets project.

Completed just weeks ago, the Leland Avenue Streetscape Project includes 63 newly planted trees, 30 accessible curb ramps, 15 corner bulb-outs, 45 pedestrian light fixtures, sidewalk and street repaving, decorative-stamped crosswalks to promote pedestrian safety, sidewalk furniture and public artwork called "Street Life" commissioned by the SF Arts Commission and designed by Rebar. A large part of the project includes the addition of stormwater management facilities.

"The Great Streets Program exemplifies our vision of partnering with neighborhood groups to produce significant and lasting community development opportunities. We are making significant investments to improve and enhance public space in San Francisco that will serve today's communities and generations to come," said Ed Reiskin, Director of the Department of Public Works.

"The Leland Avenue Project represents a significant step forward in the City's commitment to green stormwater management in the public realm," said Ed Harrington, General Manager for the SFPUC. "The SFPUC is proud to have been part of this collaborative and positive transformation."

The Leland Avenue Streetscape Improvement Project includes important environmental components to support the overall water conservation and green infrastructure to neighboring green space along the Visitacion Valley Greenway. The storm water elements include nearly 14,000 square feet of permeable pavement and sidewalks surfaces to absorb stormwater, biofiltration planters to minimize street runoff into the City's combined sewer system, durable and drought-tolerant plants and more. The streetlights have also been converted from standard high pressure sodium fixtures to energy-saving LED fixtures.

This $4.1 million project was funded through a combination of two Transportation for Livable Communities (TLC) federal grants with state and local matching funds. This was a collaboration between the Office of Supervisor Sophie Maxwell, the Mayor's Office of Economic and Workforce Development (OEWD), the Department of Public Works, the Planning Department, the SF Public Utilities Commission, SF Municipal Transportation Agency, the SF Arts Commission and Visitacion Valley community.

"I remember sitting through the early community design meetings for the streetscape. The finished product turned out better than I could have imagined. Leland Ave is now one of the greenest streets in San Francisco," said Nick Wolff, Program Director for the Visitacion Valley Business Opportunities and Outreach to Merchants (VVBOOM). VVBOOM's ultimate goal is to help revitalize the entire community by targeted improvements along the Leland/Bayshore Commercial Corridor.

Of the nine total Great Streets Projects, six are complete at Leland Avenue, Valencia Street, Divisadero Boulevard, San Bruno Avenue, Lower Polk Street, and Van Ness Avenue.

Three are in design and planning phase at Balboa Street, Cesar Chavez and 19th Avenue.

Mayor Newsom also announced $68.5 million in new infrastructure and streetscape projects for the current fiscal year 2010-11, leveraging Certificates of Participation (COPs), federal, state and local grants to fund improvements to San Francisco's public realm.

$50.6 million will go into street resurfacing, $5.9 million will go into Great Streets projects and other public realm improvements, $4.7 million will go into sidewalk inspection and repair and street structure improvements, and $7.3 million will go to building curb ramps. The projects together will create at least 450 construction-related jobs.

"Despite the toughest economic environment in generations, San Francisco continues to make record investments and create hundreds of local jobs through our street repair, neighborhood improvements and repaving," said Mayor Newsom. "Our Great Streets projects, along with transportation, pedestrian, bicycle, and other related streetscape improvements are literally paving the way for a greener, cleaner city and better quality of life in our neighborhoods."

In addition, Mayor Newsom announced that the City received nine multi-year Transportation for Livable Communities (TLC) Grants. San Francisco was awarded $7.4 million with local matching funds to total $18.7 million from the region and $11.7 million with local matching funds to total $15.4 million from the county that will go toward transportation, pedestrian, and related infrastructure improvements to the following projects over the next five years.

See Page 7

New Legislation to Enhance Transparency in Local Government

Mayor Gavin Newsom on September 13 joined regional and national app developers at the inaugural APPNation Conference to announce new open data legislation. The new "OpenGov" legislation aims to enhance open government, transparency, and accountability by requiring City agencies and departments to provide permanent data sources.

In 2009, Mayor Newsom issued an Open Data Executive Directive requiring City departments to make all non-confidential datasets under their authority available on DataSF.org, the city's one stop web site for government data. More than 50 applications have been created from the City's data (including Routesy, SFPark, CrimeMapping and Mom Maps) and are featured in the DataSF App Showcase (datasf.org/showcase).

DataSF.org uses open source technology taking more than 150 datasets, from a range of city departments, including Police, Public Works, and the Municipal Transportation Agency.

In an effort to foster more civic collaboration and connectivity with constituents, in 2009, the City launched a first of its kind service that allows citizens to access the City's 311 Call Center through Twitter. Instead of making a phone call, members of the public can send a tweet to alert the city about a pothole, or simply find out about the City's green initiatives.

The new legislation establishing the City's Open Data policy and requiring City departments to make appropriate data available to the public permanently ensures that future leaders of the San Francisco government will not close the door on opening government data.

Students Improve at S.F. Public Schools

The San Francisco Unified School District has exceeded its Academic Performance Index (API) targets, improving by 16 points from the base API of 775 to reach a district-wide score of 791.

For the 2010 Growth API there were 37,232 students included in the state's calculations.

Over 86 percent (81 of 104 schools) met or exceeded their school-wide API targets, which is 10 additional schools compared to last year.

The greatest success was seen at the middle school level, where 94 percent (15 out of 16 schools) met their school-wide API targets.

Unprecedented growth was seen at the schools with an API state ranking of 1 and 2 or the bottom 20 percent in the state, also called deciles 1 and 2 schools.

Of the 32 deciles 1 and 2 schools in SFUSD, 69 percent (22/32) met their API targets.

This year's test score results demonstrated that the district is narrowing the achievement gap at a greater rate than ever before.

The district's targeted subgroups showed great success: over 82 percent of schools (14/17) with a statistically significant African American enrollment met their subgroup growth targets compared to 37 percent last year (7/19); 63 percent of schools (30/48) with statistically significant Latino enrollment met their subgroup growth target compared to 52 percent last year (25/48), and 78 percent of schools with significant numbers of English Language Learners (62/80) met their subgroup growth target compared to 66 percent last year (41/62).

San Francisco Board of Education president Jane Kim commended the city's principals and teachers and noted the tremendous growth at the district's historically low-performing schools.

"Those who teach our children have one of the most important jobs there is. I especially want to thank our educators who work with our most underserved students — you are reaching students and these results demonstrate that they are learning the standards," says Kim.

The highest rate of improvement was seen at elementary school Malcolm X Academy with its growth of 108 points to reach an API of 800.

Malcolm X, in the Bayview neighborhood has had a dedicated team of teachers, community partners and service providers working with their small student population (47 students took the STAR tests) to help raise achievement at the school.

Both Fairmount Elementary and Sherman Elementary Schools also saw large growth with 78 and 74 points greater than their base, respectively.

The highest rates of improvement at the middle school level were seen at the charter school KIPP Bayview Academy (69), Francisco (42), and Visitacion Valley (40 points).

At the high school level, Ida B. Wells grew by 72 points, Mission by 70 and Ruth Asawa School of the Arts by 64.

Three of the schools with the greatest growth (Mission, Visitacion Valley and Malcolm X) are designated by the district as STAR schools due to historically low performance, which means they receive additional funding for instructional coaches and student support services.

Superintendent Carlos Garcia attributed the district's biggest gains in five years to the collective efforts of students, teachers, and principals as well as the district staff and community partners who support them.

"I am proud of the work everyone in our community has been doing to support our students," says Garcia. "A few years ago we set out to raise the level of academic engagement and rigor and to close the achievement gap. We invited everyone to be a part of providing quality schools for every child in this city. Now, we are starting to reap the rewards of our shared vision and responsibility. Though we still have a long way to go, these gains are something for all of us to celebrate."

District-wide, SFUSD did not meet the federal government's Adequate Yearly Progress (AYP) goal.

The bar is reset higher every year under No Child Left Behind and the district only met 39 out of 50 criteria, which means it continues to be in Program Improvement 3.

For school site AYP, 38 percent of the schools (38/100) met their criteria, which includes meeting the increased proficiency rates in both English Language Arts and Math.

And, while African American, Latino, and Special Education students made notable progress, they did not meet the increased federal proficiency rates set for this year in both English Language Arts and Math.

For AYP percent proficient calculations, there were 29,575 English Language Arts scores and 29,534 math scores.

Criteria for API and AYP

The API is a numeric index that ranges from a low of 200 to a high of 1000. The previous year's results establish the baseline and academic growth targets for each school's academic performance for the next year.

A school's annual growth target is set at five percent of the difference between the school's base API and the statewide performance target of 800 with a minimum target of 5 points.

By law, numerically significant student subgroups within a school must also make improvement for a school to meet its API targets.

Both the API and AYP are based on statewide assessment results, which were released last month.

These assessments include the Standardized Testing and Reporting (STAR) Program and California High School Exit Examination (CAHSEE).

AYP encompasses four areas: participation rate, the percent proficient (also referred to as Annual Measurable Objectives), the school's API as an additional indicator for AYP, and graduation rate.

Each of these four areas includes specific requirements. Participation rate and percent proficient criteria must be met in both English-language arts (ELA) and in Mathematics.

In AYP, the federal government measures what percentage of students are scoring at proficient and above; and the percentage required goes up each year by about 10 percent.

One Brick Event at Yosemite Marsh in McLaren Park

One Brick will be joining the S.F. Recreation and Park Department in preparing the areas surrounding the wetland for planting, clearing ivy and other weeds at Yosemite Marsh at McLaren Park adjacent to Oxford and Bacon streets on Saturday, Oct. 9 from 10 a.m. to 12 noon.

Observe the transformation of this unique wetland habitat. Snacks, water, gloves and tools will be provided.

This event is rain or shine. Join in after the event for food and more socializing.

See http://sfbay.onebrick.org/event/?eventid=8145

Grapevine Mailbox

Dessert for Lunch?

One day I had lunch with some friends. Jim, a short, balding golfer type about 80 years old, came along with them — all in all, a pleasant bunch.

When the menus were presented, we ordered salads, sandwiches, and soups, except for Jim who said, "Ice cream, please. Two scoops, chocolate."

I wasn't sure my ears heard right, and the others were aghast. "Along with heated apple pie," Jim added, completely unabashed.

We tried to act quite nonchalant, as if people did this all the time. But when our orders were brought out, I didn't enjoy mine.

I couldn't take my eyes off Jim as his pie a-la-mode went down. The other guys could not believe it. They ate their lunches silently and grimmed.

The next time I went out to eat, I called and invited Jim. I lunched on white meat tuna. He ordered a parfait.

I smiled. He asked if be amused me. I answered, "Yes, you do, but also you confuse me. How come you order rich desserts, while I feel I must be sensible?"

He laughed and said "I'm tasting all that is possible. I try to eat the food I need, and do the things I should. But life's so short, my friend, I hate missing out on something good.

"This year I realized how old I was. (He grinned.) I haven't been this old before. So, before I die, I've got to try those things that for years I had ignored.

"I haven't smelled all the flowers yet. There are too many trout streams I have not fished. There's more fudge sundaes to wolf down and kites to be flown overhead.

"There are too many golf courses I have not played. I've not laughed at all the jokes. I've missed a lot of sporting events and potato chips and cokes.

"I want to wade again in water and feel ocean spray on my face. I want to sit in a country church once more and thank God for His grace.

"I want peanut butter every day spread on my morning toast. I want un-timed long distance calls to the folks I love the most.

"I haven't cried at all the movies yet, or walked in the morning rain. I need to feel wind on my face. I want to be in love again.

"So, if I choose to have dessert, instead of having dinner, then should I die before night fall, I'd say I died a winner, because I missed out on nothing. I filled my heart's desire. I had that final chocolate mousse before my life expired."

With that, I called the waitress over. "I've changed my mind," I said. "I want what he is having, only add some more whipped cream!"

Be mindful that happiness isn't based on possessions, power, or prestige, but on relationships with people we like and respect. Remember that while money talks, chocolate ice cream sings!

One Brick Event

Just a quick note to let you know I have been assigned as manager for One Brick's ongoing support of the City's Natural Areas Program habitat restoration project at Yosemite Marsh in McLaren Park.

We've seen this area transform from a weedy field to a mini-marshland meadow ecology filled with native plants.

Both myself and Scott, who'll be assisting me, are looking forward to working with you (Saturday, Oct. 9, at 10 a.m.).

Cheers,

Tajalli, One Brick Manager

Newer Appliances Offer Energy Savings

There's good news for those looking for ways to cut energy spending around the home. Experts say replacing older home appliances is the most practical and effective step a homeowner can take to reduce energy consumption.

For example, replacing an eight-year-old refrigerator, dishwasher and clothes washer with new appliances of average efficiency will save consumers about $95.00 per year in energy bills. In most cases, the savings over the life of the appliance will more than pay for the cost of the new appliance.

Cleaning Up On Savings

Replacing an eight-year-old clothes washer will save more than $60.00 in electricity costs and nearly 5,000 gallons of water per year. Additional energy can be saved through the following tips:

*Take advantage of your dishwasher's "eco" option that reduces water use, or use a no-heat air dry feature.

*Use load-size settings. If you are washing a small load of clothing, be sure to change the load setting. Use cold water settings whenever possible.

*Always clean the lint filter on the clothes dryer after each use. A clogged filter can reduce dryer performance.

A Cooler Way To Save

Energy consumption in refrigerators continued to decline in 2009 with new refrigerators using an average of 450 kWh per year, over 50 percent less than units made in 1990. These easy tips will help you save more money.

*Allow hot foods to cool before placing them in the refrigerator, and always cover foods that may release moisture in the refrigerator.

*Limit opening the refrigerator and freezer doors. Label foods or use clear food storage bags to easily identify foods.

If you are looking to purchase a new appliance, consider an ENERGY STAR model. Look for the ENERGY STAR label to identify energy-efficient products that will help you save on your energy bills without sacrificing the quality of the product.

These appliances will help save 10-20 percent more energy than a non-ENERGY STAR model.

Visit the ENERGY STAR website to find rebates or special offers available in your area. You may also find recycling incentives for the proper disposal of old products.

For more information on energy savings, visit www.aham.org/consume.

NAPS

Take a Kid Mountain Biking in McLaren Park

Join SFUR, Specialized Bicycles, Clif Bar, IMBA, and the YMCA for a spectacular morning of free youth and family mountain biking activities in McLaren Park on Take a Kid Mountain Biking Day on Sunday, Oct. 3 from 9 a.m. to 12:30 p.m.

This event features a free bike maintenance station, free bike skills instruction, free Clif Granola Bar snacks, a free raffle, a free photo booth, and plenty of good times.

This exciting event is geared toward youth 8-16 years old, with at least basic bike riding skills. Check the SF Urban Riders website for more details.

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Medical Parole: One Way We Can Be Fiscally Smart on Crime

by Senator Mark Leno

As chair of the Senate Public Safety Committee for the past two years, I have worked on many policies to improve how we handle crime and punishment in California. My priorities include combating criminal behavior with an emphasis on crime prevention, punishing offenders with a focus on rehabilitating those who could benefit from it, and effectively utilizing all of our available resources.

Earlier this year I introduced Senate Bill 1399, which would create significant savings for the state by implementing medical parole for permanently incapacitated inmates. Taxpayers in California should not be forced to bear the high cost of caring for prisoners who no longer threaten public safety. Rather than continue to waste millions of dollars incarcerating these individuals, we could utilize these funds to keep our school teachers employed.

In the current fiscal year, California taxpayers are spending nearly $2 billion to pay for the health care needs of state prisoners. A large percentage of those funds is used for a small group of severely ill inmates who require around-the-clock specialty care. A recent state audit found that in a single year 1,175 inmates, or just 2% of inmates, accounted for nearly 40% of specialty health care spending, totaling more than $185 million.

Millions of taxpayer dollars are being used to put two correctional officers next to a hospital bed to guard an inmate 24 hours a day as the offender lies comatose or in a permanent vegetative state. It does not make sense for the California Department of Corrections and Rehabilitation to become a long-term care facility for inmates who are permanently incapacitated, pose no risk to public safety and, in many cases, no longer comprehend they are in prison.

SB 1399, which is sponsored by the California Prison Health Care Receivership and was approved by both houses of the Legislature earlier this year, would allow those inmates to be placed on medical parole with conditions of parole, such as electronic monitoring if appropriate. Many of these medical parolees would then be eligible for federal financial assistance to help cover their medical expenses, reducing the fiscal burden which currently falls entirely on California taxpayers.

Here are three examples of inmates who could qualify for medical parole:

1) Inmate X is a male in his 60s with diabetes, urinary tract infections, hypertension, seizures, dementia and a paralyzed right side due to a stroke. He requires 24-hour nursing care. He is incapable of independent movement, speech and bladder control. He has no capacity for independent action. He has been institutionalized for more than two years in a long-term care setting since the Department of Corrections and Rehabilitation has no unit that can deliver the medical care and nursing he needs. This has cost taxpayers $350,000 per year, in addition to the substantial costs of providing prison guards to watch over him.

2) Inmate Y is a male in his 50s, with end stage lung disease. He is unable to breathe without a ventilator and needs 24-hour hospitalized care. He is incapable of talking, swallowing, moving and eating. He has no bladder control and very little cognitive function. He has accrued more than $500,000 in medical costs in the last 18 months.

3) Inmate Z is a male in his 60s who has end-stage cardiac disease, diabetes, hypertension, gangrenous legs and poor circulation. He has a history of multiple cardiac arrests, including lengthy stays in the hospital. He is not capable of independent activity or movement and is severely cognitively impaired. He is too weak to live outside of a skilled nursing setting and has accrued more than $1 million in medical costs per year.

While these offenders were originally sent to prison to protect public safety and to punish them for their crimes, because of their medical condition, they no longer pose a threat.

Across the nation, more than 30 states, including Texas, already implement some type of medical parole program. SB 1399 is a modest, common sense proposal that would make better use of taxpayer dollars. This proposal excludes inmates who were sentenced to death or life without possibility of parole. In addition, in the unlikely event the condition of any medical parolee improves, he or she would be returned to prison.

Gov. Arnold Schwarzenegger has until Sept. 30 to sign this bill into law. For the fiscal health of our state, I encourage him to put our precious tax dollars to better use. For more information about SB 1399 or other bills, please visit www.sen.ca.gov/Leno.

Senator Mark Leno represents the Third Senate District of California, which includes portions of San Francisco and Sonoma Counties and all of Marin County. He can be reached via the web at www.sen.ca.gov/Leno, by phone in the San Francisco District Office at 415-557-1300 or San Rafael District Office at 415-479-6612, or by e-mail, Senator.Leno@senate.ca.gov.

McLaren Park News and Notes

by Betty Parshall

Women's Will a Hit

Once again Women's Will, the Bay Area's all-female Shakespeare company, gave a crowd-pleasing performance at the Jerry Garcia Amphitheater. This year the company presented Much Ado About Nothing, a comedy about two pairs of lovers. One couple has not yet recognized that they are meant for each other and scorn love, marriage and one another. The other couple is just the opposite, but is tricked by the villain of the piece who has his own evil designs and wants to break them up. In the end all comes out well, the trickery and bickering have been "much ado about nothing." This is a delightful comedy, with music, and the obvious enjoyment of the performers infects the audience to the point of booing the villain at his appearance.

The company took advantage of the amphitheater's setting in some scenes by approaching the stage from the hill above, and when Beatrice had to hide, she took cover in the third row of the audience and disguised herself with the large sun hat of a lady sitting there, which delighted everyone.

While Women's Will plan to continue producing all-female Shakespeare plays, they also now include in their mission the development of new plays by women. We look forward to seeing them again at McLaren in the future.

And For Something Completely Different

On the first Sunday of September, Doin' It in the Park took over the Amphitheater and every parking space on Shelley Drive and connecting streets. Not only was music provided from noon until sunset, free barbeque was served while supplies lasted. According to the advertisement the event is "our way of giving back to the community and is dedicated to the unity of different cultures in the urban scene. Brought to you by Triple Threat Mr. E. & Norm."

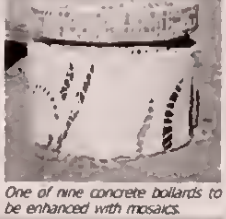
McLaren Park was a new location for this event; obviously it has a large following judging by the crowd that attended. The only criticism I have is the number of cigarette butts that littered the entire area of the amphitheater and the surrounding entryways. This was a heavy-smoking crowd, and sand-buckets should have been provided to park their butts.

A Salute to the Help McLaren Park Group

After fund-raising for over two years and helped by a grant from Parks Trust and SF Beautiful, Help McLaren Park saw the installation of a kiosk at the Gambier entrance to the park. The kiosk was due to be completed by the last week of September and will provide a place for posting flyers of park events.

Trilce Farrugia advised that much of the fundraising dollars are still being held by the NPC and will be used to beautify Gambier Street entrance further.

Another work in progress at the same location is a mosaic project by which nine concrete bollards will be enhanced with mosaics. One bollard is completed and the rest will soon be finished, weather permitting. Monica Treanor, who designed the mural at the small playground and basketball court up the hill, and Cindy Wong and several neighbors, deserve many thanks and appreciation.



One of nine concrete bollards to be enhanced with mosaics.

New information kiosk at the Gambier Street entrance to McLaren Park.

...from the desk of the VVBOOM newsroom

Sights and Sounds at the Leland Avenue Street Fair

by Nick Wolff

Dancing in the Street or on the avenue as was the case in downtown Visitacion Valley on Sunday, September 19th. The art was proudly displayed, the food was delicious and the music was every bit as good as advertised. Simply put, it was the best Leland Avenue Street Fair yet.

Anytime you can get a legendary musician like Pete Escovedo to headline your entertainment stage, it's going to be a special event. The Latin jazz percussionist and his 6-piece orchestra had the Alpha Street intersection transformed into a dance party that wasn't deterred by a little midday precipitation. The crowd had been adequately warmed up since 10 a.m., when Polynesian dance troupe Siva Polynesia gave a stirring performance onstage that was followed by local bluegrass favorites the Back Porch Band. They set the stage for San Francisco feel-good reggae favorites Native Elements and Abim Chenzira who took a break from emceeing the festivities to rock the crowd with his band-mates. By the time Pete Escovedo had finished captivating the audience, the 2010 Leland Avenue Street Fair had transcended all street fairs before it. Fog City Review made sure to keep the momentum going, covering classic R&B, soul and rock hits while Soul Society used a blend of originals and crowd favorites to close out an outstanding live music set.

But it wasn't only the entertainment that was better this year, the dedicated children's area was vastly improved too. This was due in large part to collaborations with great community partners – Jumpstart and San Francisco Urban Riders, who transformed the Bank of America parking lot into an inspiring, fun-filled Kids-Zone. Jumpstart kept young ones engaged with enriching arts and crafts projects, culminating in the collaborative creation of a gigantic dragon art piece. Meanwhile, the SF Urban Riders provided bicycles and gear to youth riders who navigated various obstacles in a massive bike course that ran circles inside the bank parking lot. Partnering with these two organizations provided kids truly enriching and engaging activities, even more evidence of the street fair's growth.

The focus on home grown artists and vendors gave this year's street fair a distinctly genuine flavor. By showcasing local artists, crafters, caterers, and service providers, street fair attendees were able to browse quality products and services from familiar faces which came together to foster a dynamic social element. Did I mention the food? Aside from Leland Avenue favorites El Buen Sabor, Happy Family Fast Food and Casa Lopez, outside food vendors were invited to help convert Alpha Street into a dedicated 'Eat Street' by offering delicious eats and a great view of the entertainment stage. Calaman, lumpia and hamburgers were available courtesy of our friends down at the 7-Mile House, while Tante's had potato and spinach krush, falafel and garlic fries on the menu. Our community partners at Our Lady of the Visitation School had tasty treats for sale including snow cones and popcorn all to raise money for the upcoming school year.

When it was all said and done, nearly 3,000 people had come to downtown Visitacion Valley and left with a smile on their face. With an overarching goal of showing off a brand new streetscape on the commercial corridor and rejuvenating neighborhood businesses, the Leland Avenue Street Fair was an exciting, fun-filled event like none other that brought neighbors together on a Sunday in September. That's what it's all about. I'd like to again thank the generous sponsors who made this great event possible: Universal Paragon Corporation, California Pacific Medical Center, State Farm, San Francisco Redevelopment Agency, Recology, Office of Workforce and Economic Development, Wells Fargo, Mercy Related, North East Medical Services, Office of Fiona Ma, Friends of the San Francisco Public Library, See's Candy, San Francisco Sewing and Quilting Collaborative, The Examiner and Asian Week.

Visitacion Valley History Project

A Busy Month for the Valley History Project

by Betty Parshall

The Visitacion Valley tour makes its way to the Church of the Visitacion on Sunnydale Avenue.

September was a busy month for the members (four of us) of the Visitacion Valley History Project, some hard work but a lot of fun too.

On Tuesday, September 14 the group made a presentation to the San Francisco History and Museum Society with the theme "Where is Visitacion Valley?" Russel Morine explained the choice of theme since he and so many of us who live here frequently find ourselves in this kind of conversation:

"Where do you live?"
"In Little Hollywood."
"Where's Little Hollywood?"
"In Visitacion Valley."
"Oh, is that in San Francisco?"

Russel went on to show pictures of local landmarks and provide history of the areas' industries and businesses.

Cynthia Cox amused the audience with her presentation titled "C not T" in which she showed many examples of our neighborhood name being misspelled by those who should know better. She also spoke on the early history of the Valley, how it was named, and told about several notable early settlers.

Edie Epps presented a segment about the history of churches and organizations here, and I covered the recreation and parks that residents have enjoyed in the past and up to the present day. The presentation concluded with a viewing of the Circle of Elders video, and was very well received by the audience.

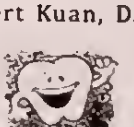
On Saturday, September 18 about thirty people, many of whom had seen the presentation, met neighborhood tour guide Cynthia Cox for a closer look at the Valley. The tour started on the pedestrian overpass at the Bayshore train station. From that vantage point one can see the geographical boundaries of the valley as well as its most prominent landmark, the Cow Palace. Then the group walked along Tunnel Avenue to Bayshore, across the highway and along Raymond Avenue. Having learned much about Recology, Schlage Lock, the Bayshore hotel, the community center and Thutmose Hall, the group proceeded up Alpha Street to Arleta and through the Greenway Gardens to Leland Avenue, with Cynthia providing historical information along the way.

Viewing the library construction and the clubhouse at the park, the group then entered St. James Presbytenan Church to hear about architect Julia Morgan and the stained glass window, and to enjoy a seat in the pews. From there the walk went to Schwerin Street where the original 1906 St. James stands, now a private residence, then on to Sunnydale Avenue to learn about the Eichler Towers. Entering Our Lady of the Visitacion church, the group enjoyed the beauty of the stained glass windows there. The tour then proceeded along Sunnydale and across Bayshore to the building owned by the Sylvestri Statuary Co. that long ago was a popular bar known as George's Log Cabin. This ended the tour, an enjoyable and educational experience for everyone.

On Sunday, September 19, VVHP was busy again, manning our popular used book sale tables at the Leland Avenue Street Fair. We were fortunate with the weather, not too hot and not windy. Even the drizzle that dampened our goods was quickly chased away by bright sun a few minutes later. Our thanks are extended to everyone who donated books, CDs, DVDs and videotapes to once again make our sale a success.

Special Note: Cynthia Cox will be conducting her two regular neighborhood tours on Saturday, October 23. Both tours meet at the library, at 10 a.m. and 2 p.m. The 10 a.m. group will visit various sites on the east side of Bayshore. The 2 p.m. tour visits sites to the west. Tours are free, although donations to San Francisco City Guides are welcome. This is a very enjoyable way to get to know your neighborhood and its history.

VISITACION VALLEY
DENTAL OFFICE
Albert Kuan, D.D.S.



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for an appointment

Cantonese Spoken
Se Habla Español

Joe Leland around the neighborhood

*Thanks for All the Books...: The Visitacion Valley History Project would like to thank all that donated used books to be sold at the 5th Annual Leland Ave. Street Fair. A special thanks to all of you that also purchased a used book or several. Reuse at its best! The money raised will go to the on going collection and preservation of Visitacion Valley's history.

*Is It Done?: What's the scoop on that brand new building located on the former El Rancho Market site on Geneva (2665 Geneva Ave.)? The mixed use building is in Daly City proper, but close enough to the county line that what ever happens there will impact the SF side of Vis Valley. Extensive research only revealed the following: The Geneva. This is a revitalizing mixed use development completed in 2009 in the Bayshore neighborhood of Daly City. Featuring over 15,000 s.f. of retail space, there are 72 residential condominiums. At least 15% of the residential units will be provided as affordable housing units. The Geneva also includes a public plaza, and off-street parking spaces to serve employees, customers, residents, and visitors. This project is currently being marketed. There are three commercial spaces listed at: Space A: 11,425sf at $2.15 NNN Space B: 2,286sf at $2.50 NNN Space C: 583sf at $2.75 NNN. There is a listed website, www.2665geneva.com but it is not active.

*Where'd It Go?: Quietly and with no fanfare the US Post Office International Service Center (ISC) located at 2650 Bayshore Blvd closed up shop and left the Valley. The 250,000 sq. ft. building has been leased by the Post Office since 2000. The overseas mail operation was moved to save on transportation, maintenance and real estate costs and also to "reduce the number of employees required to process and deliver the mail" according to a post service web site. The ISC moved to the Air Mail Center (AMC) building near the airport. What will happen to this large, modernized building? It has good freeway access and a partial railroad spur. This would be a great site to do light manufacturing that requires regional and nationwide bulky distribution (rail spur).

*For the Tech Nerds: Google Earth has very current images of Visitacion Valley. The web based application (down loadable as an app for your iphone) shows the Schlage Lock site as all gone and surprisingly the just completed Leland Avenue Streetscape. Check it out.

*Moving On Up: The Boys and Girls Club (located at 1099 Sunnydale) will be moving to new digs very soon. A one year lease was signed with the SF Rec and Parks Department for the use of the Visitacion Valley Clubhouse located at Cora St. and Leland Ave. This move is being called a 'pilot' program. The Boys and Girls Club will pay the Rec and Parks Department $2000 per month and will operate programming M-F, 2 p.m.-7 p.m. The Clubhouse will be available mornings and weekends for community use. What's going to happen to the much larger space vacated at 1099 Sunnydale? Wasn't 1099 Sunnydale designed with the Boys and Girls specified as the anchor tenant? Maybe our new D10 Supervisor can address this issue after the election.

Faster Access May Cause Digital Divide

A new government plan to speed up Internet access could do so at the expense of rural areas that already face challenges.

Experts worry that the National Broadband Plan, a mandate currently being considered by policymakers as a way to bring broadband to every home, would create a digital divide, setting speed goals for rural areas that are 25 times slower than urban areas.

Such a divide would curtail rural educational opportunities such as distance learning and threaten consumer welfare by limiting rural telemedicine initiatives.

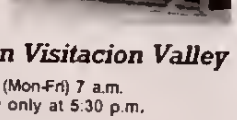
The plan could also sharply increase consumer rates and limit the use of Internet services such as job seeking, paying taxes and shopping, which could further economically disadvantage rural areas.

"The people who live in rural America need services–schools, libraries, hospitals," said Shirley Bloomfield, CEO of the National Telecommunications Cooperative Association (NTCA). "Shouldn't all Americans have access to the same broadband connections?"

For more information, visit www.ntca.org. *NAPS*

Church of the Visitacion

Roman Catholic (1907)



Over a Century in Visitacion Valley

Daily Masses: (Mon-Fri) 7 a.m. and Wednesday only at 5:30 p.m.

Saturday Masses: 7:30 a.m. and 4 p.m.

Sunday Masses: 8 and 9:30 a.m. (11 a.m. Spanish) 12:30 and 4 p.m.

Our Lady of Visitacion School: Grades K-8 239-7840.
Religious Education: Grades K-8 (Saturday only) 595-1670

Come, Let us worship together!

655 Sunnydale Avenue
San Francisco, CA 94134-2838
(415) 494-5517, Fax 494-5513

Fr. Thuan V. Hoang, Administrator Pro Tem
Fr. Victorio R. Balagapo, Parochial Vicar

Breaking the Domestic Violence Silence with Awareness

by Assemblywoman Fiona Ma, Speaker pro Tempore

Until recently, domestic violence was largely considered a "private matter." It wasn't until the early 1970s that domestic violence was viewed as a serious social problem. Today we know that domestic violence is a public-health epidemic that can affect us all.

According to the California Department of Justice, there are, on average, over 600 incidents of domestic violence reported every day in California. Domestic violence can affect anyone – it knows no zip code, race, sex, age, or creed. In addition to the enormous physical and psychological effect on the victim and the victim's family and friends, there are job-related consequences as well. Domestic violence is the number-one cause of injury to women and it costs American businesses between $3 billion and $5 billion a year in absenteeism, medical costs, employee turnover and lost productivity.

As Chair of the Select Committee on Domestic Violence, I've convened several hearings to raise awareness of domestic violence. Hearing topics have ranged from the effects of domestic violence on children to domestic violence in the LGBT community. The work of this committee has lead not only to new legislative ideas, but also public awareness surrounding this very important issue. Over the years, I've heard many heartbreaking stories from victims who have suffered in silence. While these stories are hard to digest and not pleasant to hear, it is important that they are told because it is through awareness that we can begin to break the silence.

Each October, the National Coalition Against Domestic Violence (NCADV) sponsors, along with many law enforcement and health organizations throughout California, National Domestic Violence Awareness Month with activities to increase public understanding of this terrible crime.

Domestic Violence Awareness Month evolved from the first "Day of Unity," which was observed by the coalition in 1981. The intent was to establish a nationwide connection of battered women's advocates working to end violence against women and their children. The Day of Unity soon became a special week, with a whole range of activities conducted at local, state and national levels.

The first Domestic Violence Awareness Month was observed in October 1987 and that same year, the first national toll-free hotline was established. In 1989, the first Domestic Violence Awareness Month commemorative legislation was passed by the United States Congress.

This October I encourage you to participate in Domestic Violence Awareness Month and spread awareness because domestic violence is much more than a "private matter." We must all participate in the effort to create zero-tolerance for domestic violence in California. To find out about Domestic Violence Awareness Month events happening in your area, visit http://dvam.vawnet.org/. If you are a victim of domestic violence, or if you want to report someone who is a victim of domestic violence, call the 24-hour-a-day toll-free National Hotline at 1-(800) 799-SAFE (7233) or 1-(800) 787-3224 (TDD).

Halloween Health and Safety Tips

-Center for Disease Control and Prevention

With Halloween just around the corner, it is important to remember that everyone wants to have a safe and happy Halloween. Using safety tips can help you make the most of your Halloween season, by keeping it as enjoyable for your kids as it is for you!

Going trick-or-treating?

*Swords, knives, and similar costume accessories should be short, soft, and flexible.

*Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

*Fasten reflective tape to costumes and bags to help drivers see you.

*Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

*Hold a flashlight while trick-or-treating to help you see and others see you.

*Always test make-up in a small area first. Remove it before bedtime to prevent skin and eye irritation.

*Look both ways before crossing the street. Use established crosswalks wherever possible.

*Lower your risk for serious eye injury by not wearing decorative contact lenses.

*Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.

*Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

*Eat only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well.

*Enter homes only if you're with a trusted adult. Otherwise, stay outside.

*Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

*Follow these tips to help make the festivities fun and safe for everyone!

For more information please visit: http://www.cdc.gov/family/halloween/

Final Credit Card Law Provisions Are Now Implemented

by Jawnt Alderman

If you've ever paid a penalty for sending in your credit card payment late, the following news might spark your interest: On August 22, 2010, the Federal Reserve Board implemented the third and final stage of the Credit Card Accountability, Responsibility and Disclosure (CARD) Act of 2009, which fundamentally changes how credit card agreements now operate.

Probably the most significant of these latest changes is that the Fed has placed caps on amounts that can be charged for late credit card bill payments:

*Generally, the first late payment fee cannot exceed $25.

*However, if someone makes more than one late payment in a six-month period, the fee can rise to $35 for every subsequent offense.

*Late fees can no longer exceed the minimum amount owed. So, for example if your minimum payment due is $15 and you miss the deadline, your late fee for the month cannot exceed $15.

Other changes include:

Consumers cannot be charged multiple penalty fees for any single transaction. So, for example, if your payment check bounces, you cannot be charged both a returned check fee and a late fee.

Cardholders can no longer be charged an "inactivity fee" for not using the account for new purchases.

If your credit card issuer increases your card's annual percentage rate (APR), it must spell out why. Plus, if your APR has been increased since January 1, 2009, the issuer must review that decision after six months and, if appropriate, reduce the rate within 45 days – or provide written notice why the increase should still apply.

Other CARD Act changes that already went into effect earlier in the year include:

*The APR on new credit card accounts cannot be increased during the first year unless: A clearly disclosed introductory period (teaser rate) ends; it's a variable-rate card tied to an index that has increased; you enter a debt repayment workout plan and don't comply with its terms; or you're over 60 days late making at least the minimum monthly payment.

*Card issuers must provide 45 days' advance notice before raising the APR on new transactions or making other significant account changes. Also, you're allowed to cancel the card before these changes take effect and pay off the balance at the old rate.

*Credit card statements must be mailed at least 21 days before the balance is due. Also, payments must be credited as on-time if received by 5 p.m. on the due date.

*When one card carries balances at different interest rates – such as one rate for purchases and another for balance transfers – payments must be applied to the highest-rate balance first.

*Over-the-limit fees cannot be charged unless you have previously agreed (opted in) to allow charges over your credit limit.

*Card issuers may no longer factor in average daily balances from a previous billing cycle that wasn't fully paid off when calculating current interest charges (known as "double-cycle billing").

For further details about CARD Act provisions, visit *www.federalreserve.gov*. They also have a great guide that explains how credit cards work (www.federalreserve.gov/creditcard).

A final suggestion: Always read all mailings from your card issuers to ensure you're up-to-date on any account changes.

Events in October at Valley Branch Library

Following are events in October at the Visitacion Valley Branch Library, 45 Leland Ave.

*Oct. 5, 12, 19 and 26, Tuesday: Family Story-time, songs, stories and rhymes for children of all ages from 11 to 11:30 a.m.

*Oct. 6, Wednesday: Teen Guitar Hero Tournament – This year's Teen Read Week theme is "Books with Beat!" Come celebrate this (R)Oc(k)tober by entering a Guitar Hero Tournament at branch near you! For more information or to register, contact Abby at aharwood@sfpl.org 355-2848 from 3:30 to 5 p.m.

*Oct. 6, Wednesday: Kindergarten Enrollment Workshop – In this Chinese-language workshop from 5 to 6:30 p.m., you will learn about the proposed "new" SFUSD assignment process and get tips and advice on key information and resources. Find out how Parents for Public Schools-SF can help you. This event is sponsored by Parents for Public Schools, Friends of SFPL, and San Francisco Public Libraries.

*Oct. 7, Thursday: Read for the Record Family Literature Program from 5 to 6 p.m. Join for this annual program which this year features the book, The Snowy Day by Ezra Jack Keats and fun crafts.

*Oct. 18, Monday: Lizard Program from 10:30 to 11:15 p.m. Come see and learn some information about an impressive array of reptiles, some local, some from far away, many endangered.

*Oct. 21, Thursday: Family Literature Program from 5 to 6 p.m. Learning is fun. Join for reading, games and crafts.

*Oct. 28, Thursday: Halloween Make-up Workshop from 4 to 5:30 p.m. Want to make your Halloween costume truly scary? Learn creepy make-up techniques from a professional make-up artist. For ages 12 to 18. Space is limited. Advanced registration is required. For more information or to register, call 355-2848.

Visitacion Valley Police Report

Police Cases

"On Aug. 23 at 2 p.m. on the unit block of Tucker Avenue, officers responded to a burglary call. The resident stated that he left his home secured and was gone less than two hours. Upon his return he found his front door security gate wide open and the front door damaged and also wide open. He entered his home and saw that a television, two computers, money and jewelry were stolen. At 2 p.m. on the 100 block of Brinton Street, an officer responded to a residence regarding a theft. The victim stated that he was hospitalized and just returned home. Upon his return he discovered that numerous prescription medication bottles had been stolen from his bedroom. The victim stated that his family was in his home and bedroom while he was hospitalized.

"On Aug. 24 at 5:47 a.m. on the 2200 block of Bayshore Boulevard, officers responded to a convenience store regarding a person causing a disturbance. They located the belligerent man and ran a computer check. It was found that there were several warrants for the subject's arrest. He was taken into custody and booked at Ingleside Station. At 7:10 p.m. on the 3300 block of San Bruno Avenue, officers were dispatched to the report of a theft from a vehicle. The victim said that he was inside his room when he heard a cracking noise. He looked out his window and saw a man leaning into a car through a broken window. The suspect then fled on foot. The suspect had taken an iPod from the car. The suspect was described as an African-American male (6'2" 180 lbs. aged 25-30) wearing dreadlocks, a black hoodie with white stars on the back, and black pants. At 8:35 p.m. on the 1300 block of Sunnydale Avenue, officers responded to the report of gunfire. The victim said that he had left his home to go to the hospital when he heard some gunshots. He looked over and saw the flash of a firing gun. The shots appeared to be aimed in his direction and damaged two nearby vehicles. The officers recovered seven bullet casings. The suspect was described as an African-American male (medium height, medium build) wearing a black beanie, a black hoodie, and black jeans. At 11:21 p.m. on the 1800 block of Sunnydale Avenue, officers responded to the report of a burglary. They met with a woman who said that she believed her neighbor's house might have been burglarized. She had checked on the house for its resident, who was out-of-state, and discovered that it had been ransacked. The resident could not be contacted.

"On Aug. 25 at 7 a.m. on the 1300 block of Sunnydale Avenue, officers met with a victim who told them that an unknown person broke two windows on her vehicle. No property had been stolen. At 2:20 p.m. on the 100 block of Teddy Avenue, an officer investigated an attempted burglary. The victim stated that she returned to her residence after work and found the metal security gate open and damaged. The front door of the residences was also open. The woman did not find any property missing in the home and nothing was disturbed. At 4:39 p.m. on the 100 block of Ray Street, officers and a parole agent also located a probationer at his residence. The man ran into he home and locked himself into his bedroom. The officers entered the room and took the suspect into custody. The suspect had been reported to have a handgun with him, but none was located. The officers did however locate methamphetamine near the suspect and in another room of the home. At 10:45 p.m. along Argonaut Avenue, a woman leaving a social gathering was walking on the sidewalk when she was approached from behind by two African American males, possibly teenage and an African American female. One of the suspects grabbed the victim's purse and another pushed her down when she attempted to hold on to it. The suspects were eventually successful in robbing the woman and ran away from the scene. The victim was not injured.

"On Aug. 26 at 9:30 p.m. on the 1800 block of Sunnydale Avenue, officers responded to the report of a burglary. The victims said that they returned to their residence to and that someone had broken into their house and ransacked their rooms.

"On Aug. 27 at 9:21 a.m. on the 1800 block of Sunnydale Avenue, officers were dispatched to the report of a vehicle theft suspect who was being followed. The victims had been driving down the street when they saw their stolen car parked with no one inside. While calling the police they then saw a man walk up to the car and get inside. They confronted the man who got out and walked away. As he began to walk away the police arrived and arrested the man. He was charged with vehicle tampering. At 6 p.m. on the 3300 block of San Bruno Avenue, officers responded to the report of a burglary. The victim had locked her residence and returned later in the day to discover that someone had forcefully entered her house. The suspect took laptops, foreign currency and jewelry. At 10:37 p.m. on the unit block of Brookdale Avenue, officers were dispatched to the report of a burglary. The victim said that she left her back door open by accident when she left her house. She returned to and that someone had stolen her TV camera, and iPod.

"On Aug. 29 at 7:55 a.m. on the 100 block of Velasco Avenue, a police sergeant and officers responded to a complaint of people illegally lodging in campers in the area. One of the occupants they spoke with had a warrant for his arrest.

"On Aug. 30 at 12:42 p.m. on the unit block of Arleta Avenue, officers responded to the report of a burglary. The victim said that she had received a call from her landlord saying that she had been burglarized. The landlord had heard loud banging and called out her husband's name. She then heard the suspect leaving the area. Although she never saw the suspect, she did see a white van drive away immediately after the incident. The victim said that missing from inside her apartment were numerous pieces of jewelry and documents from a safe she owned.

"On Sept. 1 at 1:13 a.m. on the 100 block of Brookdale Avenue, officers were dispatched to conduct a well-being check. They arrived and found the door of the building locked in. The owner of the residence was not at home and no suspects were located inside.

"On Sept.2 at 12:04 p.m. on the 1200 block of Girard Street, officers responded to the report of a shooting along with numerous other Ingleside officers. The shooting had been witnessed by a SFFD fireman from inside his station. He said that he saw a man on the sidewalk exchange gunfire with the driver of a car which was going by. No victim was found although cars and houses in the area were damaged. The suspect on the sidewalk was an African-American male (6'00" 200 lbs. aged 25-30) wearing a black t-shirt with red, green, and yellow on the front. The car was a tan 4-door sedan with two African-American males (aged 25-30) inside. At 1:02 p.m. at Sunnydale Avenue and Bayshore Boulevard, a police lieutenant was on patrol when he saw a vehicle operating with a mechanical violation. He stopped the vehicle and learned that the driver had a suspended license. A record check also showed that the suspect had a warrant for her arrest.

"On Sept. 3 at 12:53 p.m. on the 1500 block of Sunnydale Avenue, officers responded to the report of a battery. The victim said that he was outside when he dropped a coffee mug which he was using to drink beer from. He was then confronted by an acquaintance about there being children in the area. The acquaintance then punched the victim and the two struggled, before the suspect left.

"On Sept. 4 at 9:40 p.m. on the unit block of Leland Avenue, a woman reported to an officer that during a dinner party at her home some of the guests had an argument and she requested that they leave. A short while later she saw her vehicle had two punctured tires.

"On Sept. 5 at 3 a.m. on the 300 block of Harkness Avenue, an officer responded to a call of an auto boost. The victim stated that the window was broken on the vehicle but no entry was made and no property was stolen. At 10:31 p.m. on the 0nit block of Brookdale Avenue, officers responded to an auto boost call. The victim told the officers that his vehicle was broken into and his car radio was stolen. At 11:55 p.m. on the 2100 block of Sunnydale Avenue, a contractor driving an excavator on the golf course heard the glass encasement on the equipment break. The manager of the golf course observed the damage and beleved it was caused by a pellet gun. Officers responded and believed the damage was likely caused by a bullet and therefore conducted a search of the course. No one was injured and no further damage was located.

"On Sept. 6 at 2:40 p.m. on the 1500 block of Sunnydale Avenue, officers responded to a vandalism call. The officers located two suspects that matched the description provided. One suspect ran from the area and was not located. The second was detained and then positively identified by the victim. The victim did not suffer and damage to his property though the suspects did throw rocks at the victims windows. The juvenile suspect was found to be eligible for diversion and therefore was not cited or booked.

"On Sept. 7 at 12:44 p.m. on the unit block of Blythdale Avenue, officers responded to the report of a burglary. The victim said that she returned home from a vacation with her family and found that her home had been broken into. Clothing, jewelry and CDs were taken from the residence.

"On Sept. 8 at 4:23 p.m. on the 1800 block of Sunnydale Avenue, officers were working an enforcement operation in the public housing neighborhood when an officer recognized an adult female as a wanted person from an information bulletin circulated at Ingleside Station. The officers contacted the woman and verified that she was wanted the wanted subject and that the warrant was still active. She was transported and booked at County Jail. At 10:30 p.m. on the 200 block of Blythdale Avenue, officers responded to a burglary call and met with the victim. The victim stated that she left her home secure and returned to find her television, purse and jewelry were stolen. There were no signs of a forced entry. At 11:20 p.m. on the 100 block of Ankeny Street, officers went to an attempted auto boost call. The officers were told by the victim that he observed the suspects at the vehicle after hearing a noise in front of his home. Upon seeing the victim the suspects fled. The suspects were described as African American males teenagers, tall and thin. One of the suspects was wearing a reflective vest, like a construction worker.

"On Sept. 9 at 8:10 a.m. on the 200 block of Blythdale Avenue, officers were responding to the report of a stolen vehicle. As they arrived they heard the sound of gunfire in the immediate area. They looked and saw a possible suspect running into a housing unit in the area. The area was surrounded by all available units and searched. The suspect was not found, but the gun was located on the ground. The suspect was described as an African-American male (5'10" 160 lbs., aged 20-25) wearing a long red hooded sweatshirt and short dreadlocks. At 2:10 p.m. on the 1100 block of Brussels Street, a police sergeant responded to the report of a burglary. The victim had arrived home to find that her residence had been broken into. The house had been ransacked and several pieces of electronics and jewelry were stolen. At 3:35 p.m. on the 200 block of Ward Street, officers responded to the report of a burglary. The victim came home and found that her house's front door had been forced open and several items had been stolen. At 4:30 p.m. on the 1700 block of Sunnydale Avenue, officers went to the home of a suspect who they knew to have an outstanding warrant. They met the suspect there and placed her under arrest.

"On Sept. 10 at 2:32 p.m. at Brookdale and Geneva avenues, officers saw a man that they recognized as a subject in a narcotics investigation driving a vehicle and stopped him. The officers verified that the driver was the man connected to the investigation and also found him to be in possession of marijuana packaged for sales. The suspect was taken into custody and booked at Ingleside Station. At 3:30 p.m. on the 1400 block of Somerset Street, officers responded to a vandalism call. The victim showed the officers that the front windshield of his vehicle was cracked. The victim stated that he did not see who broke his windshield. At 3:45 p.m. on the unit block of Delta Street, officers responded to a school and investigated a threats incident. The mother of a student reportedly made a threat to a young girl regarding her behavior with the mother's daughter. The child was frightened by the suspect's actions. School staff was present during the incident and cooperated with the investigation.

"On Sept. 11 at 11 a.m. on the 500 block of Raymond Avenue, an African American male, 20 years old 5'11" 145 lbs., wearing a black hat, black hooded sweatshirt and blue jeans approached a man walking his dog and demanded the victim's property. The victim ran from the suspect who then fled the scene also. Officers searched the area for the suspect to no avail. At 7:30 a.m. on the 100 block of Ankeny Street, officers responded to a call of two vandalized vehicles. Two vehicles belonging to members of the same household had front drivers side windows smashed. No property was stolen. At 11 a.m. on the 1200 block of Sunnydale Avenue, two sisters argued about the care of their elderly mother and the dispute became physical. Neither wished to pursue criminal charges against the other. Officers documented the incident in a police report. At 10:36 p.m. on the 2500 block of Bayshore Boulevard, officers responded to a report of someone possibly stealing a vehicle at an auto repair shop. The officer located two suspected in the roped off parking lot for the repair shop with two vehicle hoods raised. The suspects were actively working on in one oil the vehicle's engine compartment. The suspects were found to be attempting to remove the car batteries from the vehicles. The suspects had tools with them to complete the act. The officers found that one of the suspects had a BB gun hidden in his waistband that was a replica of a real weapon. Both suspects were later cited and released from the scene.

"On Sept. 12 at 7 p.m. 100 block of Leland Avenue, a resident at a care facility threatened the life of a nurse who works at the center. The suspect also had a warrant for her arrest. The suspect was taken into custody and booked at County Jail.

"On Sept. 13 at 11:44 a.m. on the 200 block of Ordway Street, officers responded to a residence regarding an attempted burglary. The victim told the officers that she was home alone on the second floor of the home when she heard a loud banging noise at the front door and then heard the gate swing open. The victim stated that she began to make a lot of noise to scare off the suspect. She then heard the sound of an engine revving and then driving away at a high rate of speed. At 1:30 p.m. on the Unit block of Tioga Avenue officers responded to a burglary in progress call. The officers found the front door of a vacant downstairs unit had been locked open and searched the unit. The officers then contacted the resident of the upstairs unit and found that the victim had been home alone when three African American male adults forced entry into her home from a rear sliding door and held her down while they went through the house stealing a wallet with a small amount of cash and credit cards. The suspects were seen by neighbors who called for the police. A fourth African American male was seen acting as lookout in the front of the house. All four then fled in a black Honda Civic with a rear spoiler. The victim was not injured. A search of the area was conducted to no aval. At 5:30 p.m. on the 1900 block of Sunnydale Avenue, officers responded to a burglary. The victim returned home after only being away from home for several hours and found that her front door was wide open and a second story bedroom window had been forced open. The suspect(s) stole the victim's television and shoes.

"On Sept. 14 at 12:25 p.m on the 1200 block of Sunnydale Avenue, officers responded to the report of a theft. The victim said that a letter which she had intended to be sent out was stolen from the community room of her residence. The letter contained her personal information, and the victim was concerned that the theft could lead to identity theft. At 3:07 p.m. on the unit block of Blythdale Avenue, officers responded to the report of a burglary. The victim said that she came home to and her doors locked, but a window broken. The victim believed that the window was broken by someone with the intent to enter her home and burglarize it. At 4:56 p.m. on the 100 block of Blythdale Avenue, officers responded to a residence to serve an arrest warrant and found the wanted person home. The officers took the suspect into custody and later booked at Ingleside Station. At 5 p.m. on the 100 block of Campbell Avenue, a deputy was prepared at Ingleside Station regarding vandalism. The victim said that someone had shattered a window on her house, which is under construction. At 6:25 p.m.on the 2200 block of Bayshore Boulevard officers were on patrol when they saw two men huddled together in a bus shelter appearing to be making a narcotics transaction. The officers contacted the two men and one of the men failed to comply with the officers lawful commands. One officer was finally able to begin a pat search of the uncooperative suspect when the officer located a handgun in the suspect outer clothing. The suspect realized that the officer located the weapon and attempted to violently escape from the officers fighting with them for many minutes until the officers were finally able to take him into custody. The suspect was found to have marijuana on him as well as the loaded handgun. The suspect was known to be an active gang member. The suspect was later booked at County Jail. The second suspect slipped away and was not located.

"On Sept. 15 at 4:51 p.m. on the 100 block of Tioga Avenue, officers responded to the report of a robbery. They spoke with the victim who said he had been asleep in his house when he heard some banging. He looked out of he bedroom door and saw two men inside his house. He tried to close his door but the men forced their way in. One suspect held the victim down on the bed under a blanket while the other ransacked the house with a third suspect. The suspects then left the house, taking with them electronics, currency and jewelry. The suspects were described as African-American males (5'10" to 6'0" aged 20-25). One was wearing a black hoodie, one a beige shirt, and one a dark shirt. At 5:36 p.m. on the 100 block of Delta Street, officers were at the scene of the earlier home invasion robbery when they were approached by the victim of a second burglary. He said that he had just come home to and that his house had been broken into. Missing from inside was a LCD television. At 6:35 p.m. on the 200 block of Blythdale Avenue, officers responded to a fight in a public housing complex. The officers met with both parties and found that the adult daughter of the victim had entered his home and damaged numerous items of property during an argument. The victim completed a citizen's arrest to charge the suspect with vandalism. The suspect was cited and released at the scene.

"On Sept. 16 at 1:09 a.m. at Visitacion Avenue and Rutland Street, officers were on patrol when they responded to the report of a person possibly breaking into a vehicle. While en route they received information the the suspect had driven away in a white vehicle with wood grain. The officers saw a vehicle matching that description, and attempted to pull it over. The vehicle drove away at a high rate of speed and was later found unoccupied. The vehicle was towed. At 5:46 p.m. on the 1700 block of Sunnydale Avenue, officers were on patrol when they saw two women engaged in a fight. The woman the fight was in regards to a dog which had been hit by a car and belonged to one of the women. Each of the women were issued citations for battery.

"On Sept. 18 at 6:28 a.m. on the 900 block of Visitacion Avenue, numerous officers responded to a shots fired call. Two officers had spotted the suspect vehicle and conducted a felony stop, detaining the occupants. Several witnesses came forward and identified the suspects and the vehicle. A shotgun that had been hidden near the scene by the suspects was located and secured as evidence. At the culmination of the investigation two suspects were booked and two others cited and released. At 9:30 p.m on the Unit block of Blythdale Avenue a woman returned to her residence and found the rear security gate had been forced open. She entered her home and found that the suspect(s) had ransacked the house and stolen a television and gaming consoles as well as jewelry.

"On Sept.19 at 10 a.m on the 600 block of Campbell Avenue, an officer responded to a call of vandalism to a vehicle. The victims showed the officer the damage to their vehicle, which appeared to have been caused by a large linework being set off while under the wiper arm of the front windshield, shattering it. The victims did not know who would have done such a thing. At 3 p.m on the 100 Brookdale Avenue, officers responded to a broken window call and met with the victim who stated that neighborhood kids playing basketball had broken a window in his living room. The victim did not describe the suspects. At 3:30 p.m. on the unit block of Leland Avenue, a woman reported to an officer at the Leland Street Fair that she forgot her cell phone on a vendor table at the event and went home. The victim returned to and that the vendor had already left the area. She searched the event for the phone to no aval and then contacted the officer. The officer called the cell phone and a man answered the phone and agreed to return with it to the fair. The man never returned the phone.

"On Sept. 20 at 7 a.m. on the 500 block of Leland Avenue, officers responded to a dispute and vandalism call. They met with both parties to the dispute and found that no physical altarcation had occurred. The front door frame to the house was damaged during the dispute and one party wanted the incident documented in a police report. At 8 a.m. on the 800 block of Campbell Avenue, officers responded to a vandalism call and met with a woman who had made a similar report the previous day. The victim stated that the windshield of her vehicle was damaged again by a large firecracker. Remnants of the explosive were retained as evidence and given to the Explosives Ordinance Disposal unit. The victim did not have any suspect information. At 2:30 p.m. at Hahn Street and Sunnydale Avenue, officers met with a victim who told them that he was sitting near the rear of an 8X Muni line. When the bus came to a stop, an unknown suspect grabbed his iPod touch from his hand and ran off of the bus. Suspect description African American, 18-20 years old 6'0" wearing a black hooded sweatshirt, and dark baggie jeans. At 5:45 p.m. at San Bruno and Arleta avenues, officers responded to a battery call. The juvenile female victim met the officers with her mother. The officers saw that the victim had facial abrasions and bruising and she complained of an ankle injury. The victim stated that she was approached by three teenage girls, one who she is acquainted with at school. The two girls that she did not know attacked her at the apparent request of the third. During the attack, the victim dropped her cell phone and iPod. The suspects stole the items and ran away.

"On Sept. 21 at 12:23 p.m on the 1100 block of

Sunnydale Avenue, officers responded to the report of a burglary. The victim said that she returned home from school to and that her rear door was unlocked and that someone had stolen her laptop from inside. The victim was sure that she had locked the door before leaving.

"On Sept. 23 at 2:12 a.m. on the 1800 block of Sunnydale Avenue, officers were dispatched to the report of vandalism. The victim said that she was asleep inside when she hear the voice of her mother outside saying something about the victim stealing money from her. The victim then heard the sound of breaking glass. When she checked her window all of the window panes were broken. The suspect could not be located. At 9:05 p.m on the 500 block of Delta Street, Robbery officers were dispatched to the report of a robbery. They met with the victim who had been walking home when she was grabbed from behind. The suspect picked her up and put her on the ground. He then took the victim cell phone which she had been using, and ran away with another man. The suspect was described as an African-American male (5'10" 155 lbs. aged 18-21) wearing a black hooded sweatshirt.

Police Summaries

"Aug. 23 10:58 a.m., 2500 block of Bayshore Blvd., stolen auto

"Aug. 23 10:46 p.m., Santos St. and Brookdale Ave., suspended driver

"Aug. 24 9:35 a.m., San Bruno and Arleta Aves., unlicensed driver accident

"Aug. 27 9:21 a.m., 1800 block of Sunnydale Ave., recovered vehicle

"Aug. 28 7:56 a.m., 1300 block of Goettingen St., stolen auto

"Aug. 28 11:16 p.m., 1600 block of Sunnydale Ave., stolen auto

"Aug. 29 2:40 a.m., Campbell Ave. and Somerset St., traffic collision

"Aug. 29 7:18 p.m., Racine Ln. and San Bruno Ave., recovered auto

"Aug. 31 12:50 a.m., 200 block of Blythdale Ave., recovered vehicle

"Aug. 31 6:18 p.m., 200 block of Blythdale Ave., recovered auto

"Sept. 1 7 a.m., 100 block of Schwerin St., stolen auto

"Sept. 1 9:15 a.m., 2300 block of San Bruno Ave., stolen auto

"Sept. 1 3:55 p.m., Holyoke and Woolsey Sts., stolen auto

"Sept. 1 5:05 p.m., Blythdale Ave. and Santos St., suspended license

"Sept. 2 10 a.m., Leland Ave. and Bayshore Blvd., suspended license

"Sept. 4 12:15 p.m., Brookdale and Geneva Aves., unlicensed driver

"Sept. 5 8 a.m., 1800 block of Geneva Ave., stolen auto

"Sept. 5 11 a.m., 100 block of Cora St., stolen auto

"Sept. 5 10:00 p.m., Geneva Ave. and Santos St., unlicensed driver

"Sept. 5 10:49 p.m., Unit block of Brookdale Ave., recovered auto

"Sept. 7 11:42 p.m., 1900 door of Sunnydale Ave., recovered auto

"Sept. 8 1:24 p.m., 100 door of Brookdale Ave., recovered auto

"Sept. 8 4:30 p.m., 1800 block of Sunnydale Ave., recovered auto

"Sept. 9 7:30 a.m., 500 block of Sunnydale Ave., stolen auto

"Sept. 9 9:30 a.m., 200 block of Blythdale Ave., stolen auto

"Sept. 9 3:33 p.m., 1700 block of Sunnydale Ave., recovered auto

"Sept. 11 7:44 a.m., 100 block of Ankeny St., recovered auto

"Sept. 12 9:50 a.m., 400 block of Velasco Ave., traffic collision

"Sept. 13 10:40 a.m., Unit block of Brookdale Ave., stolen auto

"Sept. 13 12:00 a.m., 1500 block of Sunnydale Ave., recovered auto

"Sept. 13 10:40 a.m., Unit block of Brookdale Ave., stolen auto

"Sept. 13 12:00 a.m., 1900 block of Sunnydale Ave., recovered auto

"Sept. 15 8:30 a.m., Unit block of Brookdale Ave., recovered auto

"Sept. 16 11:55 a.m., Rutland St. and Visitacion Ave., suspended license

"Sept. 17 7 a.m., 400 blk Sunnydale Ave., stolen auto

"Sept. 18 9:17 p.m., Sunnydale Ave. and Delta St., unlicensed driver

"Sept. 19 7 a.m., 300 block of Leland Ave., stolen auto

"Sept. 21 7:45 a.m., Carnbridge and Wayland Sts., traffic collision

"Sept. 21 8:57 a.m., 200 block of Blythdale Ave., recovered auto

"Sept. 21 12:15 p.m., Arleta Ave. and Bayshore Blvd., suspended driver

"Sept. 23 1:05 p.m., Brussels St. and Harkness Ave., unlicensed driver

"Sept. 22 11:54 p.m., Unit block of Brookdale Ave., recovered auto

Captain Louis Cassano ego of Ingleside Station and Captain Greg Suhr of Bayview Station contributed to this report

Visitacion Valley Child Care Food Program

Visitacion Valley Community Center announces sponsorship of the Child and Adult Care Food Program (CACFP). Meals will be available at no separate charge to children enrolled at all Visitacion Valley Community Center's Children's Programs centers. "The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, or political beliefs. Persons with disabilities who require alternate means of communication for program information (Braille, large print, audio tape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (Voice and TDD)."

"To file a discrimination complaint, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 29250-9410 or call (202) 720-5964 (Voice and TDD). USDA is an equal opportunity provider and employer."

For information regarding enrollment, contact: Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA. 94134; (415) 467-6400.

Grapevine Puzzler — World's Biggest Cities 11

Shangqiu
Belém
Wuxi
Hechuan
Wujin
Guigang
Jianyang
Huhehaote
Santa Cruz
Semarang
Ludhiana
Novosibirsk
Neijiang
Maputo
Nan'an
Douala
Weifang
Daqing
Kayes
Tongzhou
Tabriz
Homs
Rugao
Guiping
Huainan
Kochi

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C	X	R	V	M	B	G	T	Y	Y	F	Y	F	D	S	A	E	U	F	U
V	R	U	T	E	T	G	N	A	Y	N	A	I	J	H	C	J	H	G	J
F	D	G	W	L	F	D	T	A	Y	G	F	D	G	H	G	U	E	N	I
C	O	A	G	E	D	R	F	D	N	D	G	Y	U	Y	T	Y	H	O	N
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V	L	E	N	V	N	V	A	E	H	T	H	H	R	R	T	T	T	S	J
C	A	R	Y	A	V	G	V	N	G	V	V	U	T	C	R	F	E	I	H
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J	F	G	V	V	I	I	U	T	Z	F	D	R	O	N	R	Q	U	R	D
K	T	V	K	F	R	G	H	G	C	D	E	T	A	A	R	G	I	S	X
L	G	V	O	K	B	N	N	N	H	V	U	R	F	S	T	N	J	K	V
I	N	C	C	F	A	O	F	H	F	P	A	F	F	F	Y	A	H	N	H
Y	I	C	H	N	T	Y	C	O	A	M	S	R	T	Y	Y	H	J	Y	H
F	P	C	I	C	H	N	E	M	E	K	K	K	R	J	H	S	J	T	N
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D	U	X	F	G	Y	U	I	U	Y	G	N	A	I	J	I	E	N	Y	B
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Historic Proportions

1845

Match clues to answers.

1. Invented in England on Mar. 17..
2. Admitted as the 27th U.S. state on Mar. 3..
3. First used for childbirth on Dec. 27..
4. United States Naval Academy opened here as Naval School on Oct. 10.
5. On Jan. 29, this Edgar Allan Poe piece was first published
6. British colonial settlement burned by Maoris here on Mar. 11.
7. Admitted as the 28th U.S. state on Dec. 29.
8. U.S. Congress approved this annexation on Feb. 28. of Texas.
9. First issued on Aug. 28.
10. New U.S. President on Mar. 4.
11. Big fire destroys almost all of this city on Apr. 10.
12. HMS Erebus and Terror began expedition May 20 to find this

A. James K. Polk
B. Anesthesia
C. Texas
D. New Zealand
E. Rubber band
F. Scientific American
G. Annapolis, MD
H. Northwest Passage
I. Florida
J. Texas
K. Pittsburgh
L. The Raven

Answers: 1-E, 2-I, 3-B, 4-C, 5-L, 6-D, 7-C, 8-J, 9-B, 10-A, 11-K, 12-H

As a Matter of Fact

*Venetian blinds became popular in Venice, Italy during the 1600s.

*Kansas is also known as the Sunflower State.

*The term veto comes from the Latin word for Al forbid.

*The word diva comes from the Latin, meaning goddess.

*The kangaroo family includes about 40 species of smaller animals, including wallabies.

*During her lifetime, Mrs. Fyodor Vassilyev gave birth to 16 sets of twins, seven sets of triplets, and four sets of quadruplets B 69 children in all.

*Emily Dickinson wrote more than 900 poems, only four of which were published in her lifetime.

*Cyrano de Bergerac, the well-known hero of a play by Edmond Rortand, was a real person. He was a soldier and author in the early 17th century.

*The dollar coin and half-dollar coin were first issued in 1794, the quarter in 1796

*The oldest piano still in existence was built in 1720.

*The word cacao, beans used to make chocolate, has been misspelled over the years and eventually became known as cocoa beans.

Grapevine Five Years Ago

OCTOBER 2005

*El Dorado Elementary School restructured its after school program this year to integrate arts and academics in the same classroom with the same teacher

*State representatives were on hand with more than 100 other guests Sept. 23 to celebrate the expansion of the Family and Community Services Center (FCSC) at 161 Leland Ave.

SEZ WHO?

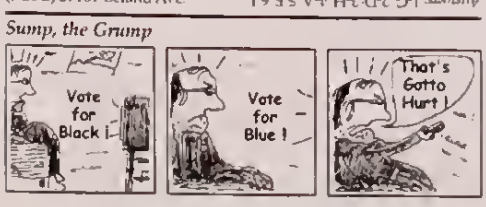
Match quotes to speakers.

1. "Most careers are made or marred in the house after supper."
2. "It is always easier to believe than to deny. Our minds are naturally affirmative."
3. "Far and away, the best prize that life offers is the chance to work hard at work worth doing."
4. "Every genuine work of art has as much reason for being as the earth and sun."
5. "The spirit of truth and the spirit of freedom – they are the pillars of society."
6. "Always do right. That will gratify some people and astonish the rest."
7. "Every man's work, whether it be literature or music or pictures or architecture or anything else, is always a portrait of himself."
8. "The worth f a state in the long run, is the worth of the individuals composing it."
9. "The art of teaching is the art of assisting discovery."

A. Ralph Waldo Emerson
B. Samuel Butler
C. John Stuart Mill
D. John Burroughs
E. Mark Van Doren
F. Henrik Ibsen
G. C.R. Lawton
H. Theodore Roosevelt
I. Mark Twain

Answers: 1-G, 2-D, 3-H, 4-A, 5-F, 6-I, 7-B, 8-C, 9-E

Sump, the Grump



Book Review

80-Year Old Polar Mystery

Was he America's greatest polar hero, or a fraud and a liar?

In May, 1926, Richard Byrd declared he had flown to the North Pole and back. Ever since, skeptics have claimed his plane was not fast enough to make the flight in the time allowed.

His supporters call him "America's greatest polar explorer." His detractors describe him as the "greatest fraud in polar history." In a carefully researched story, Jeff Maynard finally provides the answer.

In 1926, Byrd was locked in a race to fly to the North Pole with Norwegian legend Roald Amundsen and little-known Australian Sir Hubert Wilkins. Byrd claimed he reached the Pole first.

Two years later, while Amundsen was embroiled in a bitter dispute that would cost him his life, Byrd announced he would fly to the South Pole. Wilkins was hired by William Randolph Hearst to beat him.

Late in 1928, they unloaded their planes on opposite sides of Antarctica and prepared for the last great race in polar history.

Wings of Ice, The Mystery of the Polar Air Race ($19.95, Random House Australia) recounts the story of the air race to the Poles, traces the lost records of Sir Hubert Wilkins, and provides a definitive answer to what really happened on Byrd's infamous North Pole flight.

For more information, see www.wingsofice.com

Cooking Corner

Jalapeño and Roasted Red Pepper Hummus

2 (15 oz.) cans garbanzo beans; 2 tablespoons tahini paste; 3 garlic cloves, 1 tablespoon ground cumin; ¾ cup extra virgin olive oil; ½ lemon, juiced; Salt to taste; 2 jalapeños, deseeded and finely chopped; 3 roasted red peppers; ¼ cup extra virgin olive oil; Salt.

1. In a food processor, add the garbanzos, tahini paste, garlic cloves, cumin, extra virgin olive oil, and salt; blend until a smooth paste forms. Reserve.

2. In a bowl, mix the jalapeños, roasted red peppers and olive oil; add salt to taste.

3. To serve, place the pepper mix on top of the center of the hummus; serve with baked pita bread or pita chips.

Makes 10 to 12 servings. NAPS

Grapevine on the Web
Read current and past stories from the Visitacion Valley Grapevine at www.visvalleygrapevine.com

Visitacion Valley Business Directory

Valley free listings in the 415 area code
Call the Grapevine at (415) 467-9300

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SAN FRANCISCO SEWING AND QUILTING COLLABORATIVE 2189 Bayshore Blvd
AQUARIUM
DRAGON CITY AQUARIUM 144 Leland Ave 333-4598
ART
J.M. ASIAN ART 130 Leland Ave 826-3328
AUTOMOTIVE
BAYSHORE AUTO 2260 Bayshore Blvd. 467-6130
BAYSHORE SERVICE 2586 Bayshore Blvd. 239-5239
BROTHER'S AUTO BODY, 2520 Bayshore Blvd.
CHARLIE'S GARAGE 2550 Bayshore Blvd. 239-7450
TIGER'S AUTO BODY, 23 Industrial Way, Brisbane 94005 467-6866
TW AUTOMOTIVE 2500 Bayshore Blvd. 585-8281
BANK
BANK OF AMERICA, 6 Leland Ave 822-4501
BAKERS
LITTLE QUIAPO BAKE SHOP 180 Leland Ave 239-2253
BARBERS
BARBERSHOP 3570 San Bruno Ave 724-4306
EMMA'S HAIR SALON, 35 Leland Ave 587-7429
THE SHOP (JB) 160A Leland Ave 239-6709
BEAUTICIANS
AS YOU R 170 Leland Ave 756-1450
BODY, SOUL & SPIRIT 222 Leland Ave 333-7261
CONNIE'S HAIR 2436 Bayshore Blvd. 586-8298
HONG KONG HAIR & NAIL BEAUTY SALON 199 Leland Ave 333-1005
NAILS BY JENNY 50 Leland Ave 333-6800
SHERRY BEAUTY SALON 60 Leland Ave 337-6081
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential) 1116 Gerard St. 467-7506
BOARDING HOUSE
ABLE'S CASA 850 Rutland St. 333-4664 fax 333-4693
BOOKKEEPERS
AMYARAGON PROFESSIONAL BOOKKEEPER 467-8927
VERNA WALLACE E.A. 2320 Bayshore Blvd., 239-5333
CARPETS
HANSAN INTERIORS 41 Leland Ave 333-6382
CHURCHES
CHURCH OF THE VISITACION 655 Sunnydale Ave 494-5517 fax 494-5513
IGLESIA EL ESPIRITU SANTO 38 Leland Ave
A DREAN FIRST PRESBYTERIAN CHURCH 333 Tunnel Ave 468-1213
RIDGE VIEW UNITED METHODIST CHURCH 560 Leland Ave 239-5457
ST. JAMES PRESBYTERIAN CHURCH 240 Leland Ave 586-6381
VALLEY BAPTIST CHURCH 305 Raymond Ave 467-6055
VISITACION CHINESE BAPTIST CHURCH 8 Desmond St. 333-4503
COFFEE
CANDLESTICK COFFEE 2155 Bayshore Blvd. 467-2442
HAPPY DONUT 2600 Bayshore Blvd. 469-5309
JOE LELAND CAFE 28 Leland Ave
CREDIT UNION
NORTHEAST COMMUNITY FEDERAL CREDIT UNION 29 Leland Ave 434-0738
DAY CARE
CAROUSEL DAY CARE 261 Harn St. 469-5353
STARBRITE DAYCARE 295 Arleta Ave 656-1987
DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS) 37 Leland Ave 239-5500
DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION 1099 Sunnydale Ave 587-7898
ELECTRICAL
TATE ELECTRIC (Joel Tate) 467-4657
FLOORS
TEDDY B's HARDWOOD FLOORS, 309-6342
FLORISTS
IL FIORE FLOWERS 2466 San Bruno Ave 468-0145
FURNITURE REFINISHING / HANDYMAN
AMAZING MAY'S HANDYMAN SERVICE AND FURNITURE REFINISHING, 6220 3rd St. 309-3129
GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS 2635 Bayshore Blvd. 239-5990
GROCERS
CASA LOPEZ PRODUCE 58 Leland Ave 586-4745
E-Z STOR MARKET, 2003 Geneva Ave 585-6240
LA LOMA PRODUCE #2 65 Leland Ave 239-7520
LITTLE VILLAGE MARKET 1450 Sunnydale Ave 586-1815
M & M SHORTS TOP 2145 Geneva Ave 585-0878
PICCOLO PETE 2155 Bayshore Blvd. 468-6800
7-11 2200 Bayshore Blvd. 468-8646
SHUN LEE MARKET 2400 Bayshore Blvd. 585-4851
TEDDY'S MARKET 298 Teddy Ave
HERBS
SAN ON HERBS 304 Leland Ave 333-7469
HYPHOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave 468-5631
INSURANCE
EDIE EPPS (A.H.E. INSURANCE) 467-0236 Fax 467-0278
ROBERT LEHMAN, CLTC (Blue Cross) 333-0850
LANDSCAPING
SAN FRANCISCO LANDSCAPES (Lic. # 932022) 256 Talbert St. 585-9137, sflandscapes.com
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave
CITY WASH, 80 Leland Ave 333-9457
COIN WASH & DRY LAUNDRY, 186 Leland Ave
FORTYNINER CLEANERS, 51 Leland Ave. 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave 585-1412
VALLEY LAUNDRY, 90 Leland Ave
VISITACION VALLEY LAUNDRY, 108 Leland Ave, 239-9030
LEARNING
FIRST PLACE 2 S TART, 1252 Sunnydale Ave 333-2959
HERITAGE HOMES CHILD AND FAMILY DEVELOPMENT CENTER 245 Ray St. 586-8700
JOHN KING CHILD AND FAMILY DEVELOPMENT CENTER 500 Raymond Ave 333-1375
VISITACION VALLEY COMMUNITY BEACON CENTER 450 Raymond Ave 452-4907
VISITACION VALLEY COMMUNITY CENTER CHILDRENS PROGRAMS 103 Tucker Ave 467-5505
VISITACION VALLEY FAMILY SCHOOL 325 Leland Ave 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
MANUFACTURER
SEE'S CANDIES, INC. 345 Schwerin St.
MARTIAL ARTS
KUK SOOL WON 188 Leland Ave
MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER 1704 Sunnydale Ave 584-3520
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health) 1099 Sunnydale Ave. Appointments 715-0310
DR. SAM HO, MD 2856 San Bruno Ave., 337-6135
NEW CARNIVALACUPRESSURE HEALTH CENTER 2458 Bayshore Blvd 337-8100
NORTH EAST MEDICAL SERVICES LELAND AVENUE 82 Leland Ave 361-6686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Dwyang Patel) 2858 San Bruno Ave 467-7500
ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER 2442 Bayshore Blvd 587-2689
WILLIE L. BROWN JR. TEEN CENTER, 1652 Sunnydale Ave 584-8098
CHINESE FOR AFFIRMATIVE ACTION IN VISITACION VALLEY 1099 Sunnydale Ave 507-6779
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION 60 Burr Ave 584-2700
GIRLS AFTER SCHOOL ACADEMY 2050 Sunnydale Ave 333 Schwerin St. 584-4044
JOHN KING SENIOR COMMUNITY 500 Raymond Ave. 239-6233
LELAND HOUSE 141 Leland Ave 406-2000
ROCK (Real Options for City Kids) 560 Leland Ave 333-4001
SUNNYDALE BOYS & GIRLS CLUB, 1654 Sunnydale Ave 584-5028
SUNNYDALE DEVELOPMENT COO OFFICE, 1652 Sunnydale Ave. 841-1683
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave 467-4459
PHARMACY
VISITACION VALLEY PHARMACY 100 Leland Ave 239-5811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance) 435 Sawyer St. 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING 99 Arleta Ave 467-7401
POST OFFICE
VISITACION (USPO) 66 Leland Ave (800) 275-8777
REAL ESTATE
JUSTYNA TO (Realtor, Coldwell Banker), 830-1235
LaRUE WALTON & ASSOCIATES 2478 Bayshore Blvd. 587-8683
ROYAL PACIFIC MORTGAGE 46 Leland Ave 333-4900
CATHY KUNE SAUNDERS (Zephyr Real Estate) 215 West Portal Ave 731-5011 ex. 163
RESTAURANTS
BAYSIDE CAFE 2011 Bayshore Blvd. 467-2023
EL BUEN SABOR #2 98 Leland Ave 587-7721
HAPPY FAMILY FAST FOOD 107 Leland Ave 333-8990
G & L BAKERY & RESTAURANT, 198 Leland Ave 239-6263
LIJAN FAT BAKERY, 110 Leland Ave 585-1167
TWO JACK'S 167 Leland Ave 337-0433
SCULPTOR
CARTOR/GINALS (Maui Carter) 2 Hahn St. 239-4138
SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608
SERVICE PROVIDERS
CLAER PROJECT 1099 Sunnydale Ave. Ste. 323 333-3017 Fax 587-7481
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Saturdays Are Special at Randall Museum

Drop in Saturdays between 1 and 4 p.m. to create all kinds of art and science projects. Cost is $6 a child or $10 for an adult and child together. Kids under 8 must be with a paying, participating adult. Members of the Randall Museum Friends and Arts Card holders receive a 2-for-1 discount. Sign up at the museum's front desk to participate; the last sign-ups are taken at 3:30 p.m.

*Oct. 2: Design and decorate your own mouse pad.

*Oct. 9: Mirror, mirror... pick from our treasure trove of fancy papers and leather to use to decorate your very own pocket mirror.

*Oct. 16: Create a beautiful personal matchbox shrine. Collage details on the outside of your shrine and pull it open to reveal messages and images you've hidden inside.

*Oct. 23: What are you going to be for Halloween? Make a "haunted" hat to go with your costume.

Replacing Accessories

According to the Consumer Electronics Association, nearly half of consumers will replace an accessory that came with an electronic device. These people say they will base their decision on quality over cost.

The study shows that 61 percent of online U.S. consumers shopped for accessories in the past year. NAPS

EarthTalk

Radiation Exposure With Medical Scans?

Dear EarthTalk: Should I fear radiation exposure associated with medical scans such as CT scans, mammograms and the like? -Shelly Johansen, Fairbanks, AK

The short answer is ... maybe. Critics of the health care industry postulate that our society's quickness to test for disease may in fact be causing more of it, especially in the case of medical scans. To wit, the radiation dose from a typical CT scan (short for computed tomography and commonly known as a "cat scan") is 600 times more powerful than the average chest x-ray.

A 2007 study by Dr. Amy Berrington de Gonzalez of the National Cancer Institute projected that the 72 million CT scans conducted yearly in the U.S. (not including scans conducted after a cancer diagnosis or performed at the end of life) will likely cause some 29,000 cancers resulting in 15,000 deaths two to three decades later. Scans of the abdomen, pelvis, chest and head were deemed most likely to cause cancer, and patients aged 35 to 54 were more likely to develop cancer as a result of CT scans than other age group.

Another study found that, among Americans who received CT scans, upwards of 20 percent had a false positive after one scan and 33 percent after two, meaning that such patients were getting huge doses of radiation without cause. And about seven percent of those patients underwent unnecessary invasive medical procedures following their misleading scans. CT scans are much more common today than in earlier decades, exacerbating the potential damage from false positives and excessive radiation exposure.

Critics of the health care industry postulate that our society's quickness to test for disease may in fact be causing more of it, especially in the case of medical scans. The radiation dose from a typical CT scan is 600 times more powerful than the average chest x-ray.

"Physicians and their patients cannot be complacent about the hazards of radiation or we risk creating a public-health time bomb," says Dr. Rita Redberg, a cardiologist at University of California-San Francisco. "To avoid unnecessarily increasing cancer incidence in future years, every clinician must carefully assess the expected benefits of each CT scan and fully inform his or her patients of the known risks of radiation."

CT scans are not the only concern. Mammograms are now routine for women over 40 years old. But some studies suggest that these types of screenings may cause more cancers than they prevent. Because of this, the federally funded U.S. Preventive Services Task Force now recommends that women not otherwise considered high risk for breast cancer wait until age 50 to begin getting mammograms—and then to get them every two years instead of annually. However, the American Cancer Society argues that such restraint would result in women dying unnecessarily from delaying screenings.

Women with a family history of breast cancer may be at greatest risk. Researchers from the University Medical Center Groningen in the Netherlands found that five or more x-rays—or any exposure to radiation—before the age of 20 for "high risk" women increased the likelihood of developing breast cancer later by a factor of two and a half.

Individuals should ask tough questions of their physicians to determine if and how much screening is absolutely necessary to look for suspected abnormalities. Our knowledge of the risks of radiation-based screenings will only help us to make more informed decisions about our health.

Neglected Roads Hit California Drivers in the Wallet

SACRAMENTO - Drivers in California's major urban areas spend $600 to $756 more per year to operate their vehicles because of the potholes, deficient roadways and poor pavement in the state's urban communities, according to a new report from TRIP, a national transportation research group.

TRIP found freeways and arterial streets in California urban areas give motorists some of the roughest rides in the nation. San Jose tops the list with 64 percent of its major roadways rated in poor condition, and Los Angeles ranks second, with 63 percent of major roadways rated poor. Other California cities on the national Top 10 list are San Francisco-Oakland (58 percent), Concord (58 percent), San Diego (50 percent) and the Indio-Palm Springs area (47 percent).

"Roads are battered and shattered in every urban area of California, and they are costing the state's motorists hundreds of dollars a year at a time when they can ill afford it," said Transportation California Executive Director Bert Sandman. "Despite the best efforts of Caltrans and local transportation agencies, it's difficult to keep up with maintenance and rehabilitation, much less accommodate relentless traffic and population growth given tight federal, state and local funding."

Eight of California's largest cities (with populations of 500,000 or more) rank among the Top 20 nationally, and seven more urban areas (with populations of 250,000 to 500,000) rank among the Top 20 secondary cities with poorest pavement ratings, according to the report, "Hold the Wheel Steady: America's Roughest Rides and Strategies to Make Our Roads Smoother." (See the full report at www.tripnet.org and see California cities in Appendices A, B, C and D. See California cities and their ratings in the charts below.)

In California, 17 of the 19 largest urban areas exceed the national average of 24 percent of roadways rated poor. More than half the pavement on major roadways is rated poor in seven California metro areas: San Jose, Los Angeles, San Francisco-Oakland, Antioch, Santa Rosa, Concord and San Diego.

The TRIP report documents that poor roads create higher vehicle operating costs — in addition to the costs associated with normal wear and tear of the vehicle. The national average for driving on roads that have pavements in poor condition is $402 a year. But it's generally more expensive in California: more than $500 annually in most of the state's urban areas and more than $700 in San Jose, Los Angeles and San Francisco-Oakland, the three highest in the nation.

"All too often, we see new evidence of the sorry condition of California's infrastructure," Sandman said. "As we have seen over and over, the consequences of failing to maintain our infrastructure can be deadly. Much of our infrastructure dates back to the post-World War II boom and even before. It is simply wearing out, and we are failing to invest in essential upkeep."

TRIP reports that pavement conditions are likely to worsen under current funding levels.

"Transportation funding isn't keeping pace with the rate of roadway deterioration," Sandman said. "The gasoline tax was raised 20 years ago, and inflation has eroded its purchasing power. Just to adjust for inflation, the gas tax would have to be eight-cents higher - and that doesn't include the additional cost of maintaining an aging transportation system."

Significant increases in travel in the years ahead will put additional stress on roads, further increasing the cost to improve and maintain them. TRIP notes that overall vehicle travel increased by 29 percent from 1990 to 2008, and travel by large commercial trucks increased by 49 percent in the same time period. By 2030, vehicle travel is expected to increase 35 percent, and heavy truck travel is anticipated to grow by 64 percent, according to TRIP.

"California is falling almost $4 billion a year short in its investment in basic safety improvements and rehabilitation on our streets and highways," Sandman said. "Neglecting our highways not only undermines California's economy, it also affects the quality of life and the health and safety of every Californian. It is time we stop being penny foolish and dollar stupid."

Official Opening of Completed Leland Streetscape Project

From Page 1

These are funded by the Metropolitan Transportation Commission and administered by the San Francisco County Transportation Authority.

Projects to be completed with the TLC Grants and City Matching funds include Folsom Street, Second Street and Broadway. Projects also include the Marina Green Bicycle Trail, the SF Port's Cargo Way Bicycle Project, Bay Area Rapid Transit District's (BART) 24th Street/Mission BART Plaza and Pedestrian Improvements, Municipal Transportation Agency's (MTA) Market and Haight Street Transit and Pedestrian Improvements, Phelan Loop Public Plaza and Transit-Oriented Development and San Francisco Redevelopment Agency's (SFRA), and South of Market (SoMa) Alleyways Improvements.

In addition to resurfacing 320 blocks and providing a slurry seal to an additional 150 blocks, the City will provide other infrastructure improvements, including building curb ramps, inspecting and repairing sidewalks, and repairing street structures citywide.

Under Mayor Newsom, the City has more than quadruped annual spending on street repaving since 2004.

For more information about the Great Streets Program, visit www.sfdpw.org

Cathy began looking at Visitacion Valley real estate in 1949, and she's been out in front of the competition ever since.

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